Is Pneumonia Contagious?

Story at-a-glance

- Viral and bacterial pneumonia are usually contagious, and can be passed on to other people through exposure
- Contagious pneumonia cases can spread quickly, so if someone you know has bacterial or viral pneumonia, make sure to take extra precautions to avoid becoming infected

When people find out that a person has pneumonia, their first instinct is to stay away and avoid physical contact with the affected individual. But pneumonia can actually be either contagious or non-contagious – it depends on the organism that caused the illness.[1]

How Will You Know If Your Pneumonia Is Contagious?

Viral and bacterial pneumonia are usually contagious, and can be passed on to other people through exposure. However, they are not contagious throughout the course of illness – only during a certain period. A bacterial pneumonia also becomes less likely to be contagious after a few days of antibiotic treatment.[2]

Meanwhile, pneumonia caused by fungi or chemicals is not contagious. Chemical pneumonia, which is caused by inhalation of toxic fumes or gases, often manifests either because of chemical injury to the lung tissue or aspiration of gastric contents (such as gastric acid) in people with altered levels of consciousness, coma patients or drunk people.

Unless a virus or bacteria infects the lung tissue that is injured, then these are usually non-contagious.[3]

Factors That Increase Your Pneumonia Risk

Children under the age of 5 and adults over the age of 65 have a higher risk of pneumonia, because of their weakened immune systems, making them more susceptible to this disease. There are also certain risk factors that make people more likely to acquire pneumonia. These include:[4]

- Having a weakened immune system due to medications

- Having a pre-existing medical condition, such as heart or lung disease, asthma, AIDS/HIV, cancer, or damaged or removed spleens
- Smoking

Contagious pneumonia cases can spread quickly, so if someone you know has bacterial or viral pneumonia, make sure to take extra precautions to avoid becoming infected. Here are some strategies to remember:

- Wash your hands frequently with water and a non-antibacterial soap.
- Do not share eating utensils and glasses with people infected with pneumonia.
- Avoid smoking, as tobacco can weaken your lungs and hinder its ability to fight infections.[5]
- Strengthen your immune system by consuming a healthy diet composed of fresh, organic whole foods. Avoid processed foods at all costs.
- Get enough exercise, which will not only help reduce inflammation, but bolster your immune system as well.
- Avoid stress. Stress and anxiety can impair your immune system and make your body more susceptible to infections.
- Get plenty of rest and high-quality sleep.

MORE ABOUT PNEUMONIA

Pneumonia: Introduction	What Is Pneumonia?	Is Pneumonia Contagious?
Pneumonia Duration	Pneumonia Types	Pneumonia Causes
Pneumonia Symptoms	Pneumonia Treatment	Pneumonia In Children
Pneumonia In Elderly	Bronchitis vs Pneumonia	

Comments

Pat 444

Just in time to tackle this subject. My sister has been working in a nursing home for 12 years, where they had never had pneumonia cases on the floor where she worked. It's been two months that they have many pneumonia cases, that came along hidden under C-difficile diagnosis the first time.

My sister got a very deep cough but three different doctors did not diagnose but a cold or Flu.

As it was lasting more than one week, and she was very weak, and had pain in her chest while shaken by her cough, I advised her to ask for an X-Ray, after another Doctor had told her it's only a cold. Only then she got the Diagnosis of Bronchitis, but I was sure it was pneumonia, considering the deep wheezing that she had.

So the older adult people cannot even cough sometimes, as they are weak to do that. One would not know they have any kind of pneumonia, to be aware of that.

Even with the strong cough my sister was shaken with, Doctors were reluctant to diagnose it.

Posted On 08/10/2016

acs4457

I know of two people who contracted a cold/flue simultaneously which then turned into bronchitis. One went to bed and took high doses of Vit C and B and the other went the medical way, antibiotics and all that and landed in intensive care for 2 weeks with pnewmonia. The one who took the Vitamins was up and about in about a week. I also know of another person, same train of events, who died in hospital after about 5 months of being "managed" by Dr,s. If I had to contract the fungi type pnewmonia, I would take chance and inhale Tee Tree oil. I have cured skin cancer on my nose with it. I know that if you develop athletes foot, because of Candida, which develops when one takes in to much sugar, Tea Tree oil is the best remedy. I am willing to bet that it will cure fungi pneumonia if you inhale it. I stop colds like that when I don't have Vit.C and B with me.

Posted On 04/12/2017

Beeologo

Though "fungal pneumonia is not contagious" Mayo research showed fungus spores cause most sinusitis infections. Conditions of moist weather and abundant fungal spores recently in N. Florida gave most in our family reunion quite a bout of sinusitis, and this accompanied by attendant bacteria led to pneumonia (nonfungal) for several of us. We aquiesed to use Amoxocillin as it had less effect on vital intestinal flora. That stopped the pneumonia, but the fungus of course stayed on, and later had to be dealt with by diet, hypersaline and colloidal silver to avoid return of another bout of pneumonia after returning to home in NE. Two months bout with the fungus. Whew!

Posted On 04/12/2017

Bouncedancer

See my comment about essential oils, below. I bet that would have stopped the fungus/mold. I also wonder if your family's outbreak could have had something to do with the ventilation system in your hotel? I seem very prone to getting eye infections after spending days of educational classes that are held in hotel conference rooms, and I'm suspecting the ventilation systems (see Legionnaire's Disease).

Posted On 01/02/2018

mike866666666

Pneumonia-causing germs can become airborne and hence spread easily from person to person. While taking care of a patient recovering from pneumonia it is preferred to use a face mask so that there is minimum exposure to airborne droplets from the patient formed as a result of coughing or sneezing. Moreover, use of hand sanitizer is advised before and after visiting the patient as common surfaces e.g. table tops, door knobs and bed covers can be rich of body fluids from the patient. Generally, keeping a distance from people who are coughing or sneezing and washing your hands after every possible interaction can help protect against pneumonia in general.

So Question How long is pneumonia contagious for so Bacterial pneumonia becomes relatively less contagious almost 48 hours after the initiation of antibiotic administration. This time period varies from organism to organism in the case of bacterial infections. However, in the case of viral pneumonia, the person starts to become less contagious as his fever starts to recede. In the case of some people it takes about two days for the fever to resolve completely but in the case of many others, the shedding of viral particles continues for a week or even beyond that until the fever is completely resolved. A person, even after recovering from pneumonia and being not contagious,

can still cough from time to time for weeks after the infection has resolved.

Source: www.healthunits.com/.../is-pneumonia-contagious

Posted On 11/04/2016

Bouncedancer

One factor not mentioned is getting the pneumonia vaccine. Both Hillary Clinton and my hairdresser had 2 rounds of the vaccine, and came down with pneumonia twice. I bet there are others.

Posted On 01/02/2018

Bouncedancer

Inhaling vapors of essential oils are very important for this kind of issue. For any respiratory/upper respiratory issues, my clients, family and I get great results with steaming with essential oils. I believe pretty much all essential oils are antimicrobial.

INSTRUCTIONS FOR STEAMING WITH ESSENTIAL OILS: Use ravintsara (has an affinity with the respiratory/upper respiratory system) or eucalyptus essential oil; peppermint is too strong for this. I like Sampler's organic oils; they are based in Sebastopol, Calif.

Do this at least once a day for a few days; there should be noticeable improvement after the first time or two.

Heat a kettle of water to boiling. While you wait, set up your space:

Line up the essential oil, a big towel, a timer, a box of tissues, and something pleasant to listen to.

Put the kettle on a table in front of you, start the book-on-tape or whatever else you might want to listen to, and start the timer at 15 minutes. CAREFULLY!! put your face over the kettle while tenting the towel above you. In the beginning, keep the towel open on the sides so as to not scald yourself and at the same time only letting a minimum of the steam escape.

Two or three times during this time, sprinkle a few drops of essential oil in the water and deeply inhale. Try to not let the oil escape as it is volatile and wafts off quickly.

Posted On 01/02/2018